Step 3

Simple changes to reduce energy consumption and improve comfort

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Roofs

- Add insulation to your loft. You may also be able to access Government grants to help you towards the costs.

Windows and Doors

- Draught-proof windows, doors, loft hatches and any other openings using brush seals: this is a relatively easy and unobtrusive way to improve thermal comfort and reduce heat losses.

- Close doors or adding automatic door closers (like fire doors).

- Wooden shutters, insulated blinds or even thick curtains can significantly add to insulation of windows (when you are not using them to let in natural light).

Floors

- The gaps of suspended timber floors can be sealed in between boards: this will considerably reduce air infiltration and discomfort.

Chimneys

- Use a removable chimney balloon.

Heating

- Insulate your hot water tank and all pipework (hot and cold).

- Heavy, solid walls found in older buildings perform more effectively if they are heated continuously. Try experimenting with your heating, keeping it on at a lower level 24/7 rather than a repeated on/off cycle. This can often lead to more comfortable internal conditions and lower fuel bills.

- Lower your thermostat by a degree.

- Avoid opening windows or doors when the heating is on.

Other simple changes to reduce energy consumption

- Turn off unused lights (or add smart controls that detect when lighting is unused) and fit energy-saving bulbs.

Find out more

- **Government support for energy efficiency improvements (this site contains an energy grant calculator):**

  https://www.gov.uk/energy-grants-calculator

- **English Heritage Climate Change and Your Home Toolkit:** http://www.climatechangeandyourhome.org.uk/live/

- **Energy Saving Trust, for information and advice on energy efficiency measures and grants:**

  http://www.energysavingtrust.org.uk/

- **To see a real-life demonstration of an exemplary energy efficient refurbishment of a Victorian terrace, you can book a visit to the BRE Innovation Park:**

http://www.bre.co.uk/innovationpark/